

action
mental
health

HEALTHY HEROES
IS A YEAR LONG
PROGRAMME AIMED AT
CHILDREN IN P7!

STRESS

ANXIETY

CONFIDENCE

FRIENDSHIP

**SELF
ESTEEM**

IT EXPLORES
KEY THEMES
THAT DIRECTLY IMPACT
CHILDREN AS THEY
TRANSITION TOWARDS
'BIG SCHOOL'

COURAGE

TRANSITIONS

**MANAGING
CHANGE**



**HEALTHY
HEROES
INCLUDES:**



**STAFF
INFORMATION
SESSION**

**ONE THEMED
SESSION EACH TERM
DELIVERED BY
EXPERIENCED ACTION
MENTAL HEALTH
PROJECT WORKERS**

**MONTHLY TEACHING
RESOURCES ON INDIVIDUAL
TOPICS WHICH ARE
LINKED TO THE PDMU
CURRICULUM AND HELP
REINFORCE LEARNING**

**TEACHERS WILL RECEIVE
'CHECK INS' FROM THEIR
PROJECT WORKER EACH TERM
TO PROVIDE ADDITIONAL
SIGNPOSTING AND SUPPORT**

For pricing and to find out more about all our
Schools & Community Wellbeing programmes, contact:

T 028 9442 5356

E wellbeing@amh.org.uk

**Action Mental Health is a local charity supporting minds
and changing lives, across Northern Ireland.** To find out how
you can support our vital work through donations and fundraising,
or by leaving a gift in your Will, please visit **amh.org.uk**

**BOOK
NOW!**

www.amh.org.uk

